eagle power slot

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lt;div>Get at least 150 minutes of moderate aerobic activity or 7
5 minutes of vigorous aerobic activity a week, or a combination of moderate and
vigorous activity. Do strength training exercises for all major mus
cle groups at least two times a week.</div></div></div></di
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;<div>How fit are you? See how you measure up - Mayo Clinic&lt
;/span></div><div>mayoclinic : fitness
: in-depth : fitness : art-20046433</div></di
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om:12px;padding-top:0px"><div><div><div><div>&lt
;div><div><div>Adults (18-64 years)□□ At least 150
minutes a week of moderate intensity activity such as brisk walking
. At least 2 days a week of activities that strengthen muscles. Aim for the reco
mmended activity level but be as active as you are able.</div></div>
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-ved="2ahUKEwjBpeyoscuDAxWvPEQIHSx7AbgQFnoECAEQDQ" href="{href}&q
uot;><div>Physical Activity Recommendations for
Different Age Groups - CDC</div>&lt
;div>cdc : physicalactivity : basics : age-chart</div>&
lt;/a></div></div></div><div><div><div>&l
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